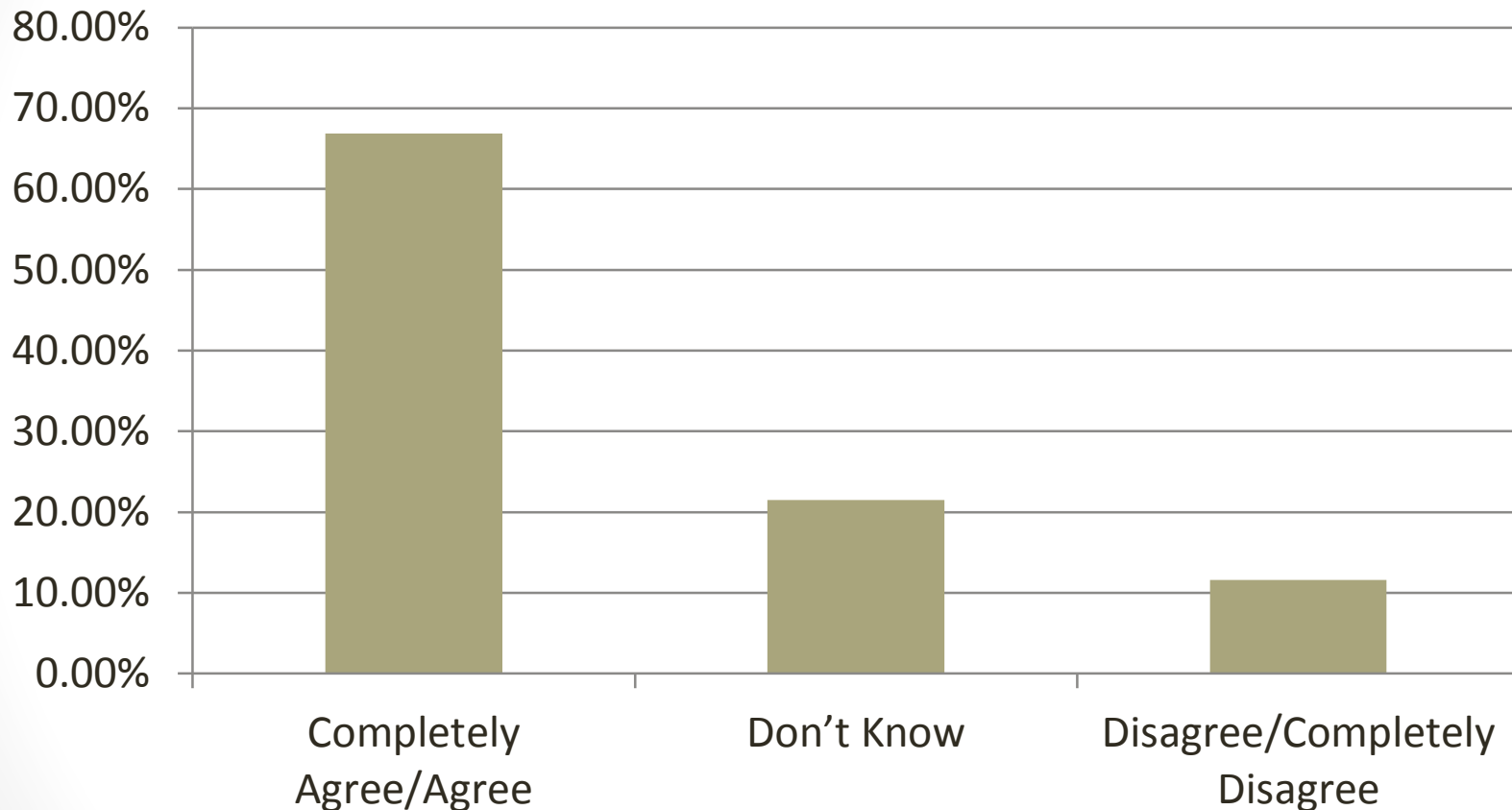


# NOT ANOTHER LIFE TO LOSE:

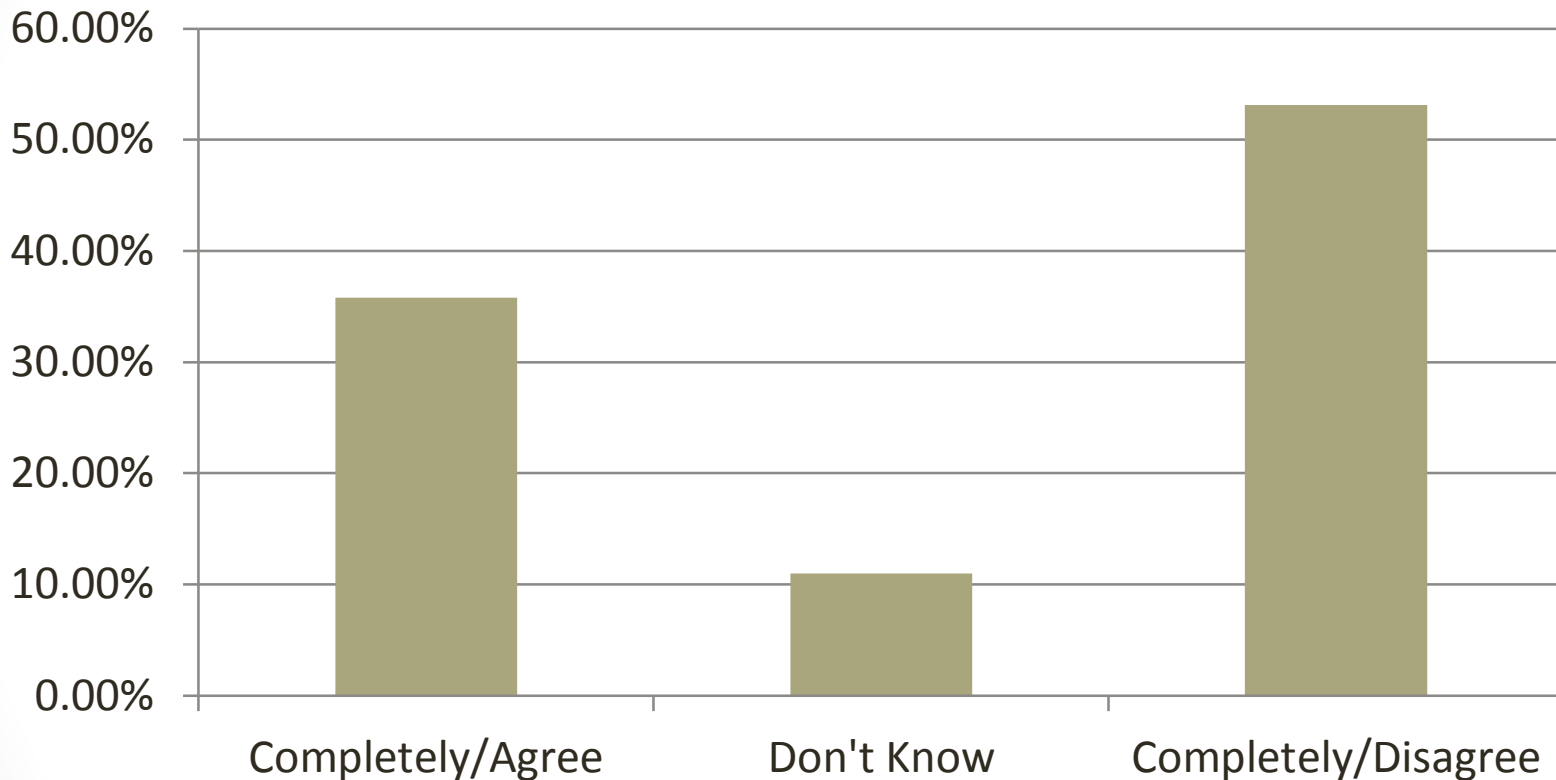
BH Workforce Suicide Prevention Survey

# The rate of suicide in the US varies significantly from state to state



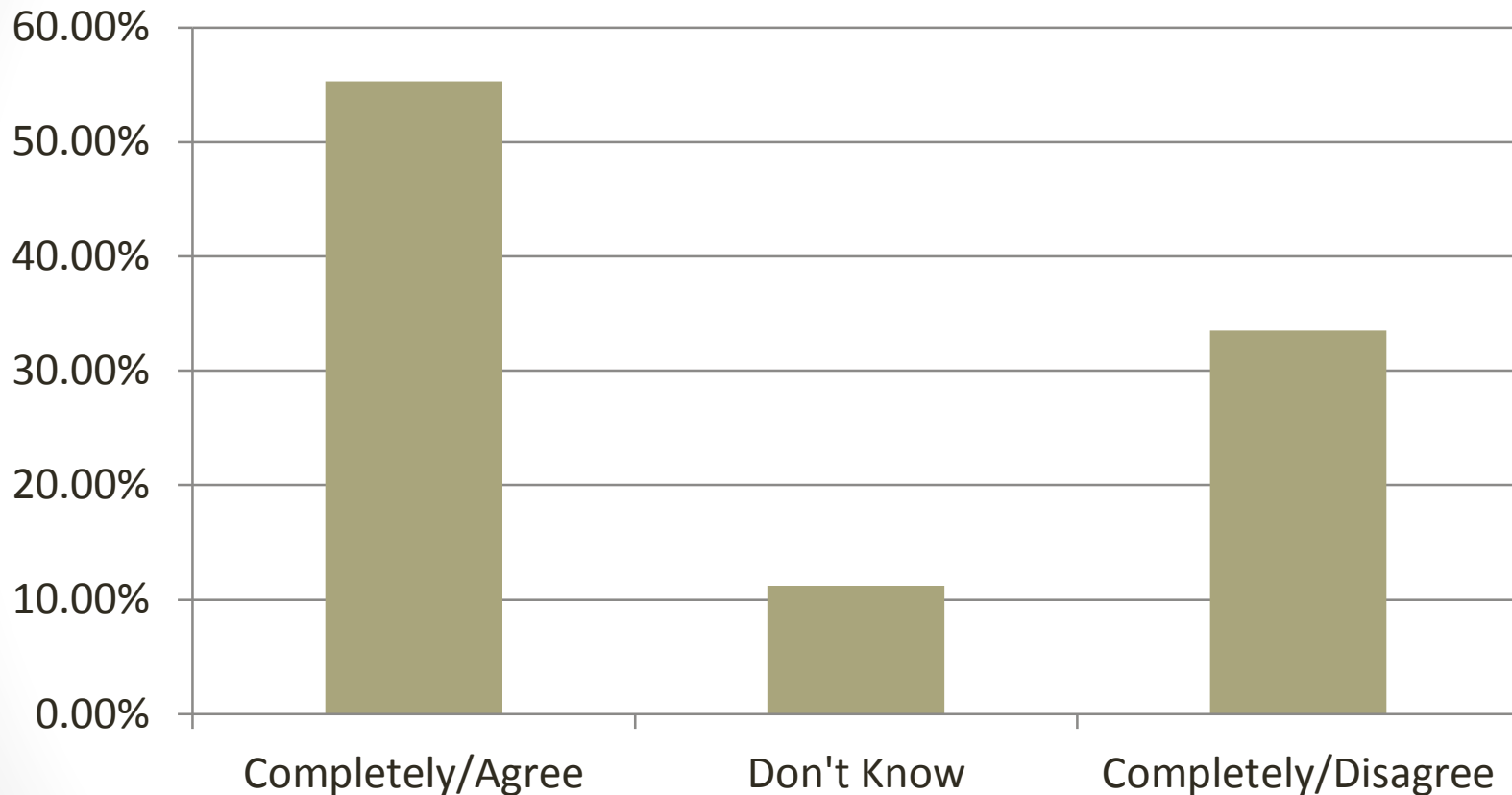
The suicide rate varies significantly by state with some states double the rates of others. Utah ranks 7<sup>th</sup> in the nation for suicide deaths.

# Few people want to kill themselves



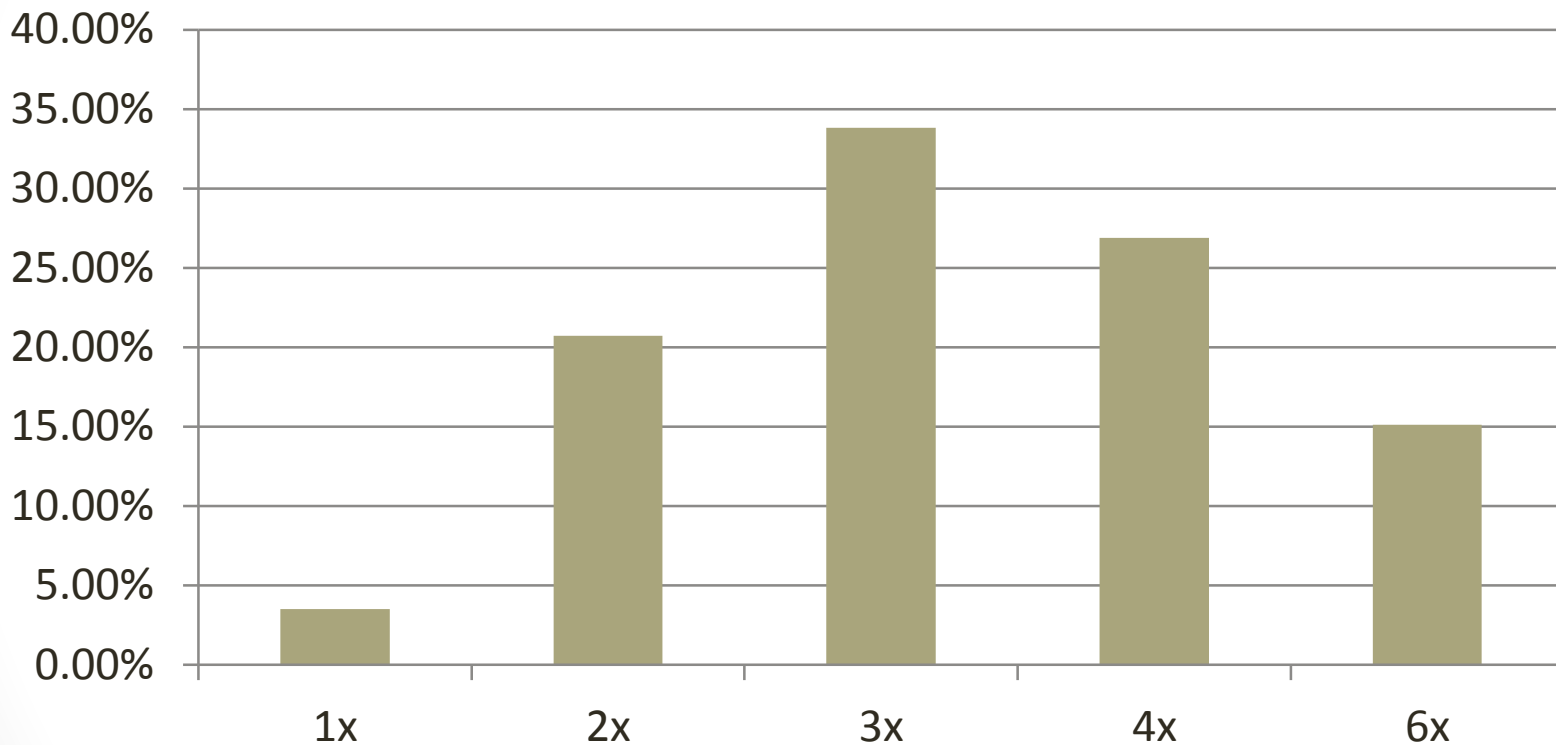
Suicidal thoughts and behaviors are not uncommon; over one million Americans attempt suicide each year, and an estimated nine million have serious thoughts about suicide (SAMHSA, 2012).

Youth ages 10 to 24 have a significantly greater risk of suicide than individuals ages 65 or older.



Elderly people have been found to have suicide rates that are 50% higher than those in the 10-24 year-old range (CDC, 2009).

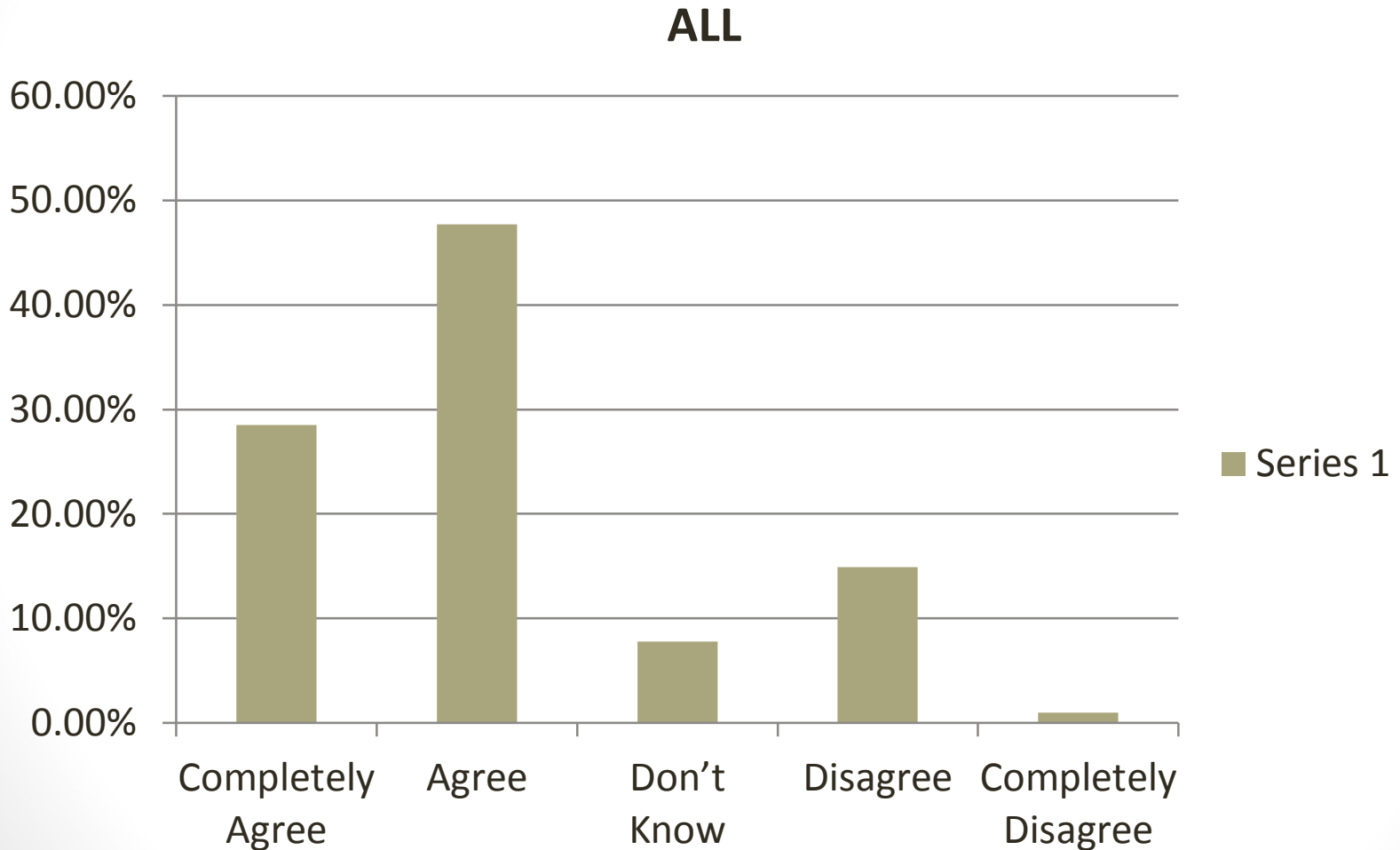
# The rate of suicide among individuals with severe mental illness is how many times that of the general population?



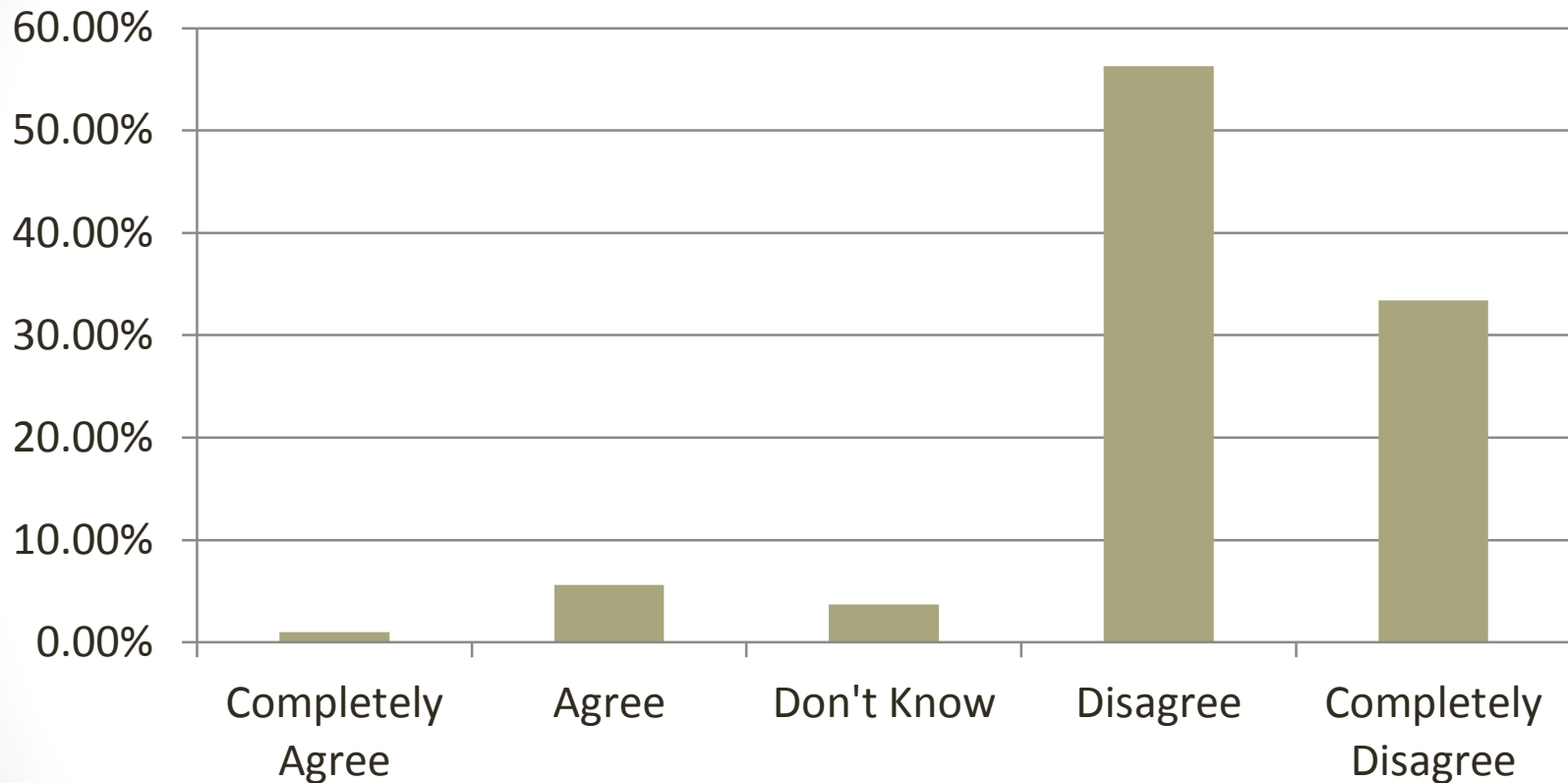
“6x” The rate of suicide among those with severe mental illness is 6 to 12 times greater than the general population (e.g., Osborn, Levy, Nazareth, & King, 2008).

# Suicide and Lethality Risk

# I am comfortable asking direct and open questions about suicide.



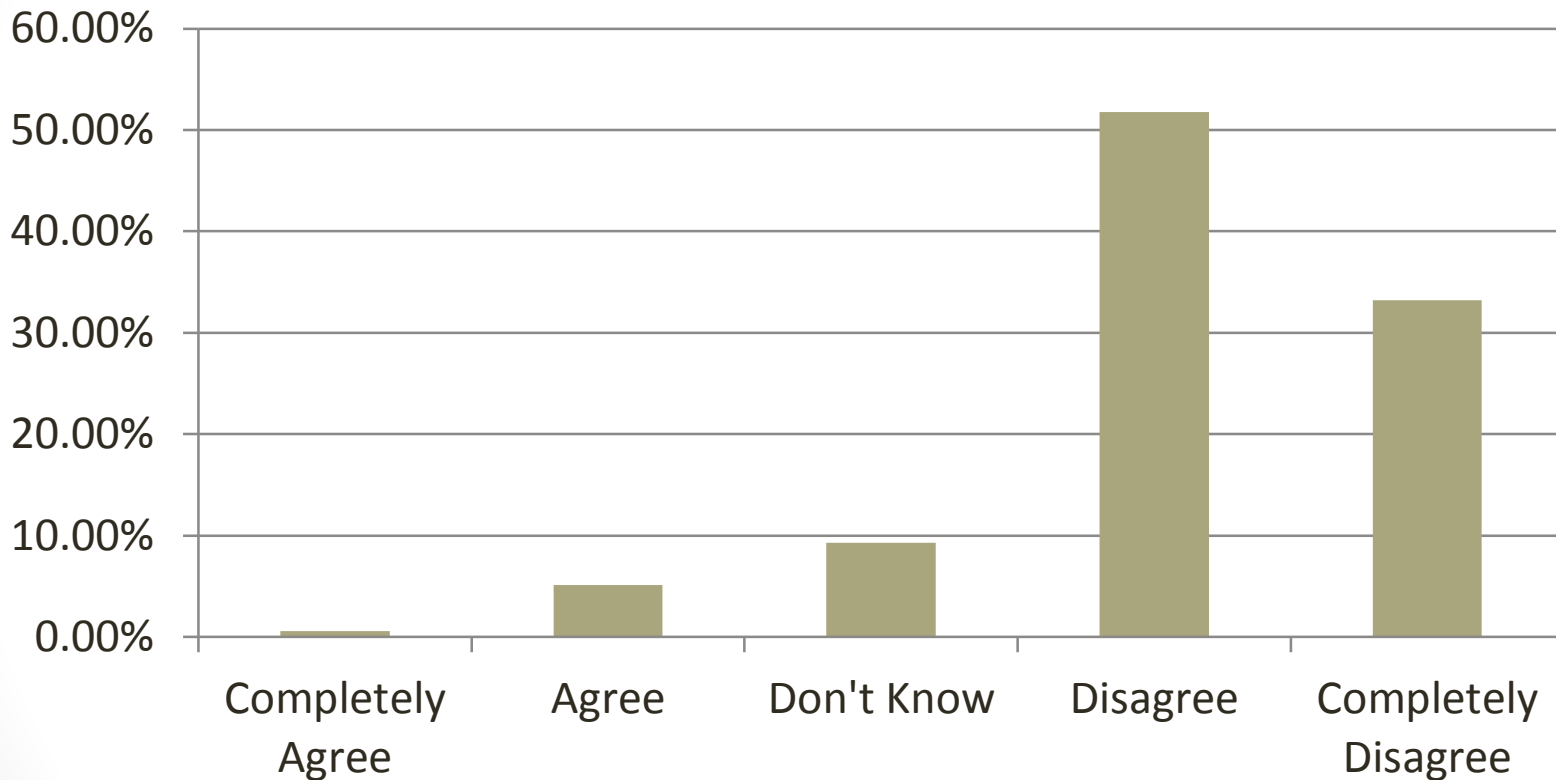
# If a person is serious about suicide, there is little that can be done to prevent it.



Many individuals struggle with ambivalence regarding the decisions to end their life, even in their very last moments (Rosen, 1975). It appears that even a gesture as small as a smile has the ability to save a life.

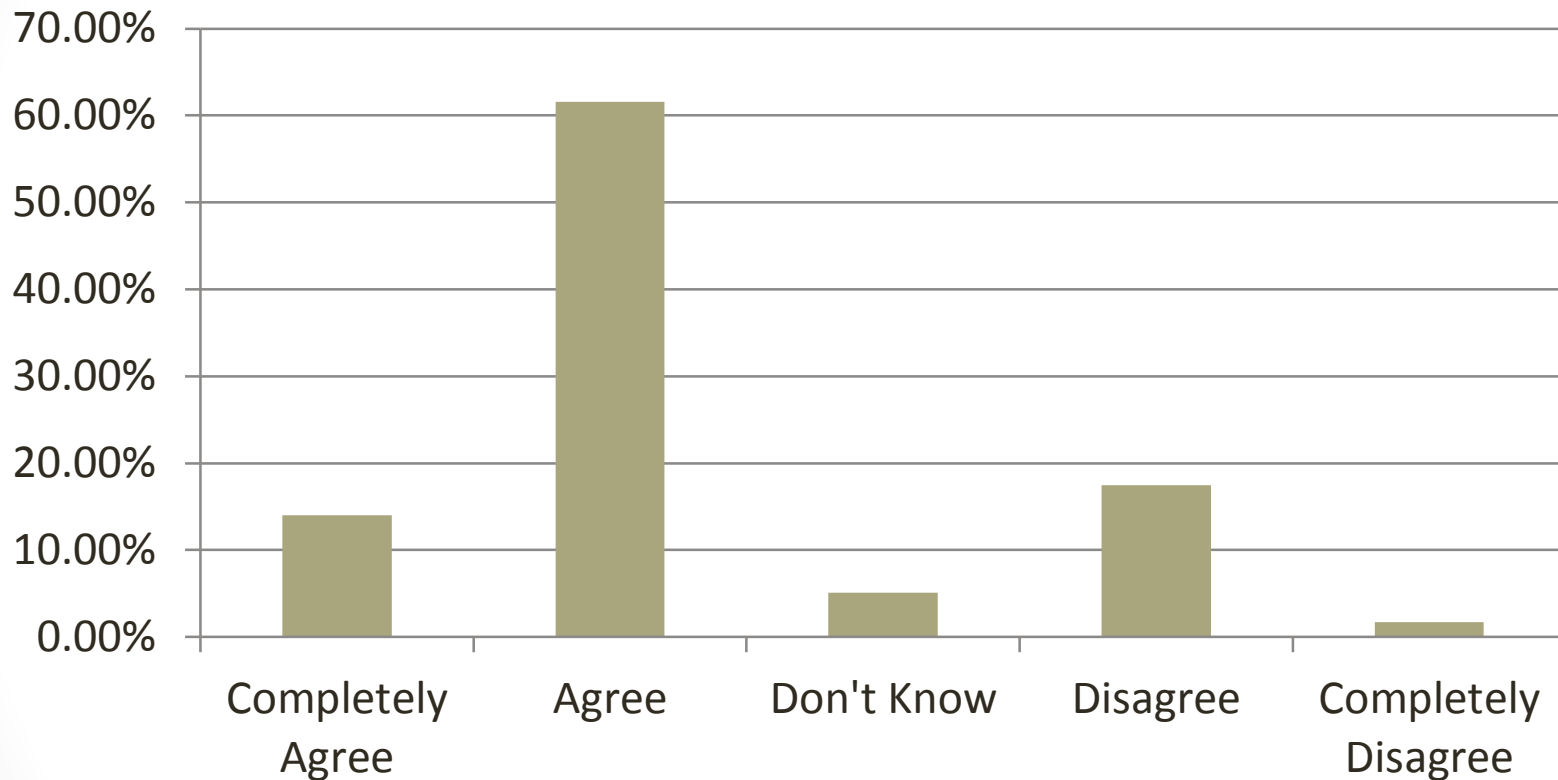


If you talk to an individual about suicide, you may inadvertently give them permission to seriously consider it.



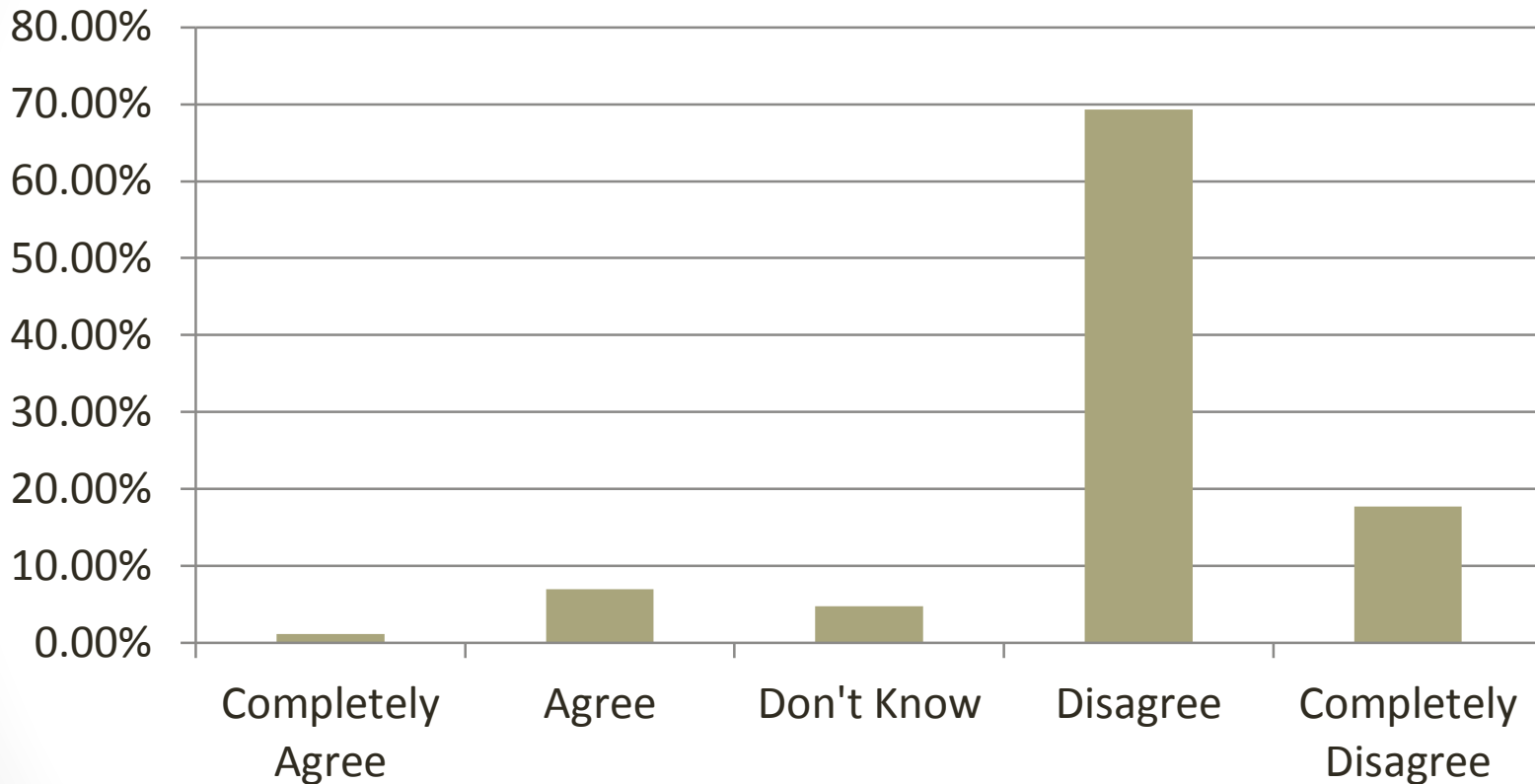
Research has refuted this idea, and instead found that talking openly about suicide can reduce the risk of engagement in suicide behavior and lead to the formation of preventative strategies (SFGate, 2009).

# Depression indicates a suicide risk.



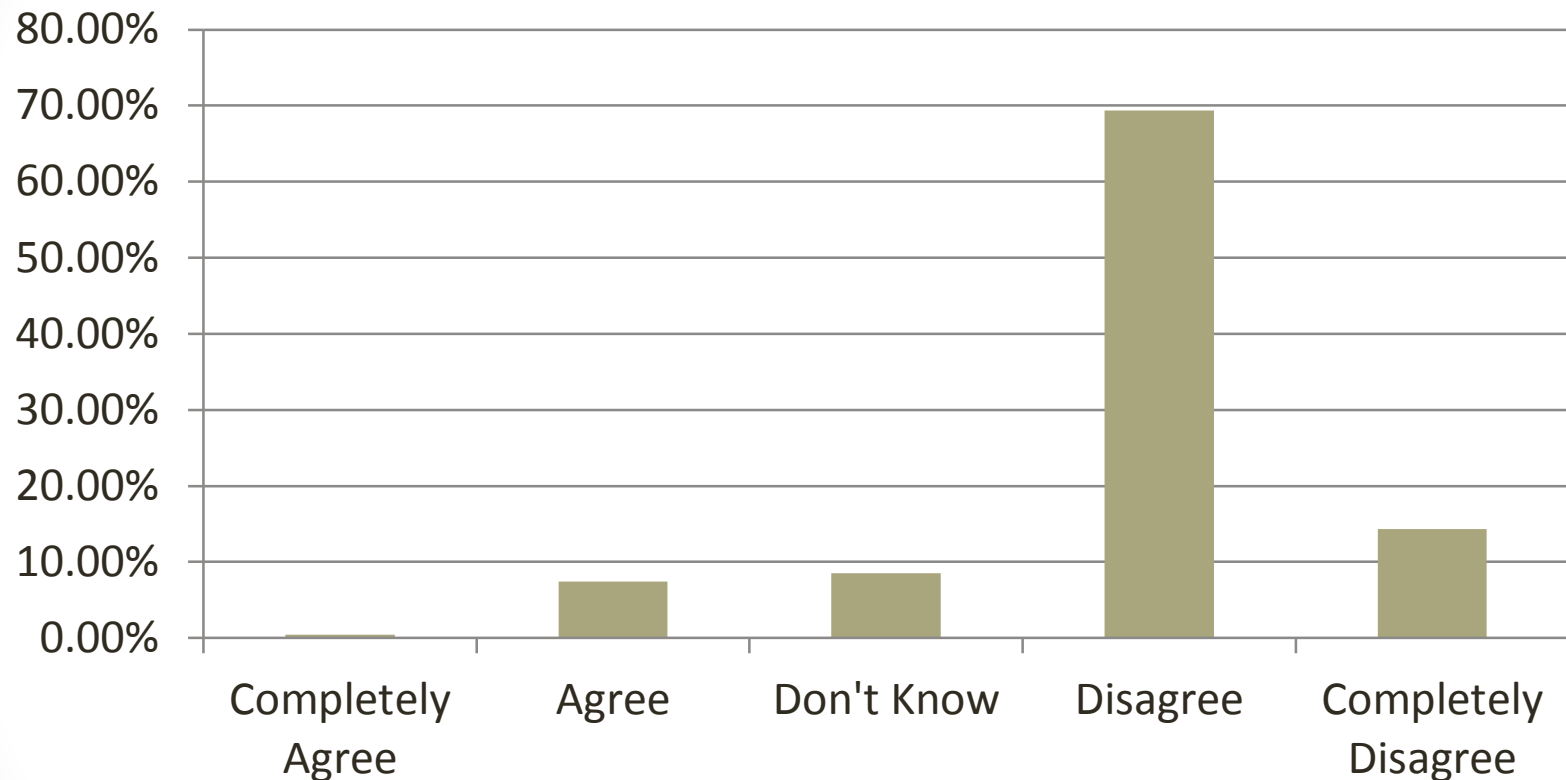
Research has shown that depression is a clear risk factor for suicidal behavior, with recurrent major depressive disorder being especially pernicious (White, Timmons, Fink, Smith, & Joiner, 2009).

# Suicide is always unpredictable.



In fact, most individuals who die by suicide gave some indication that they were unhappy, depressed, or considering suicide before their death (Canadian Mental Health Association, 2010).

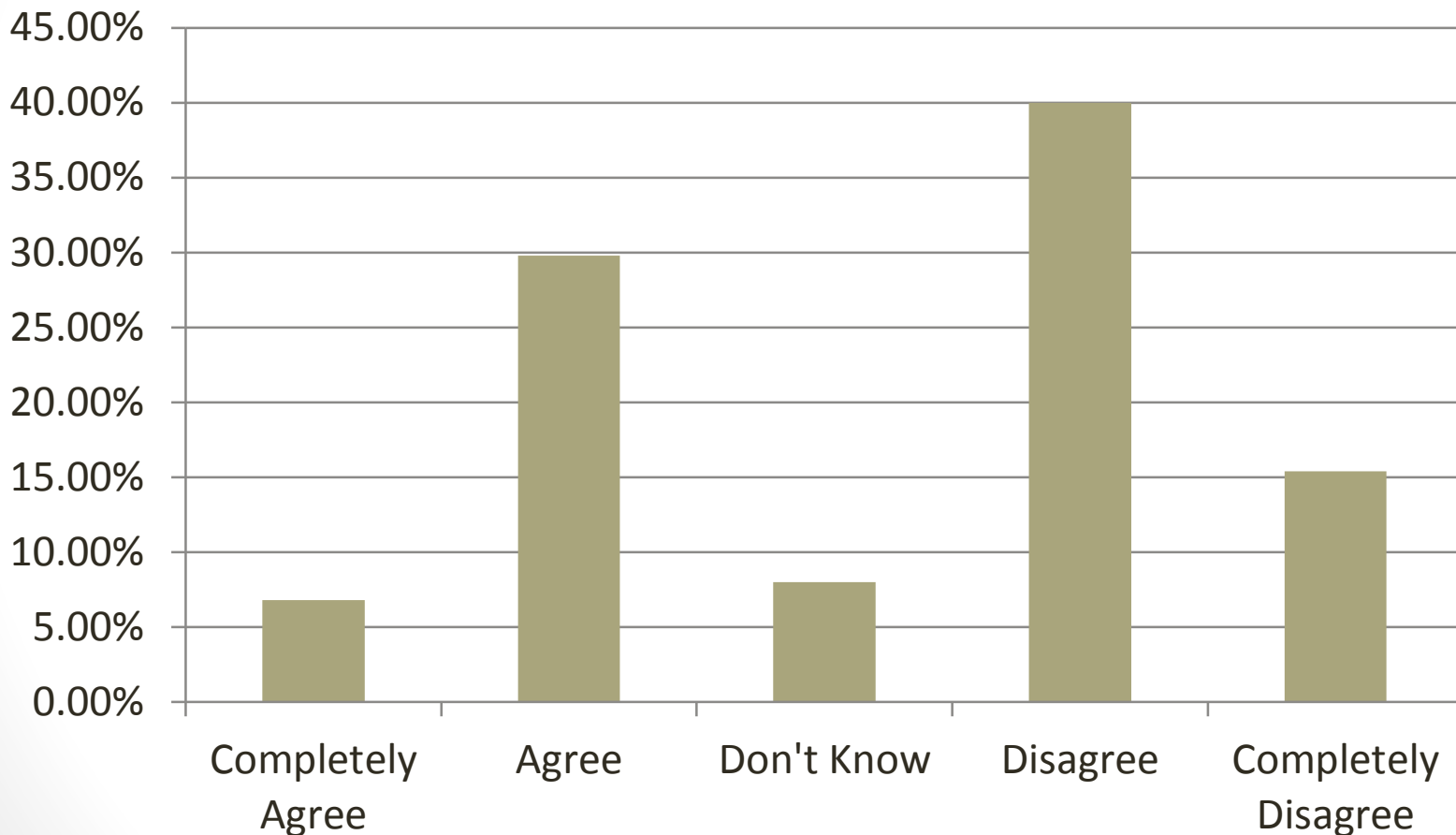
# Suicidal people want to die.



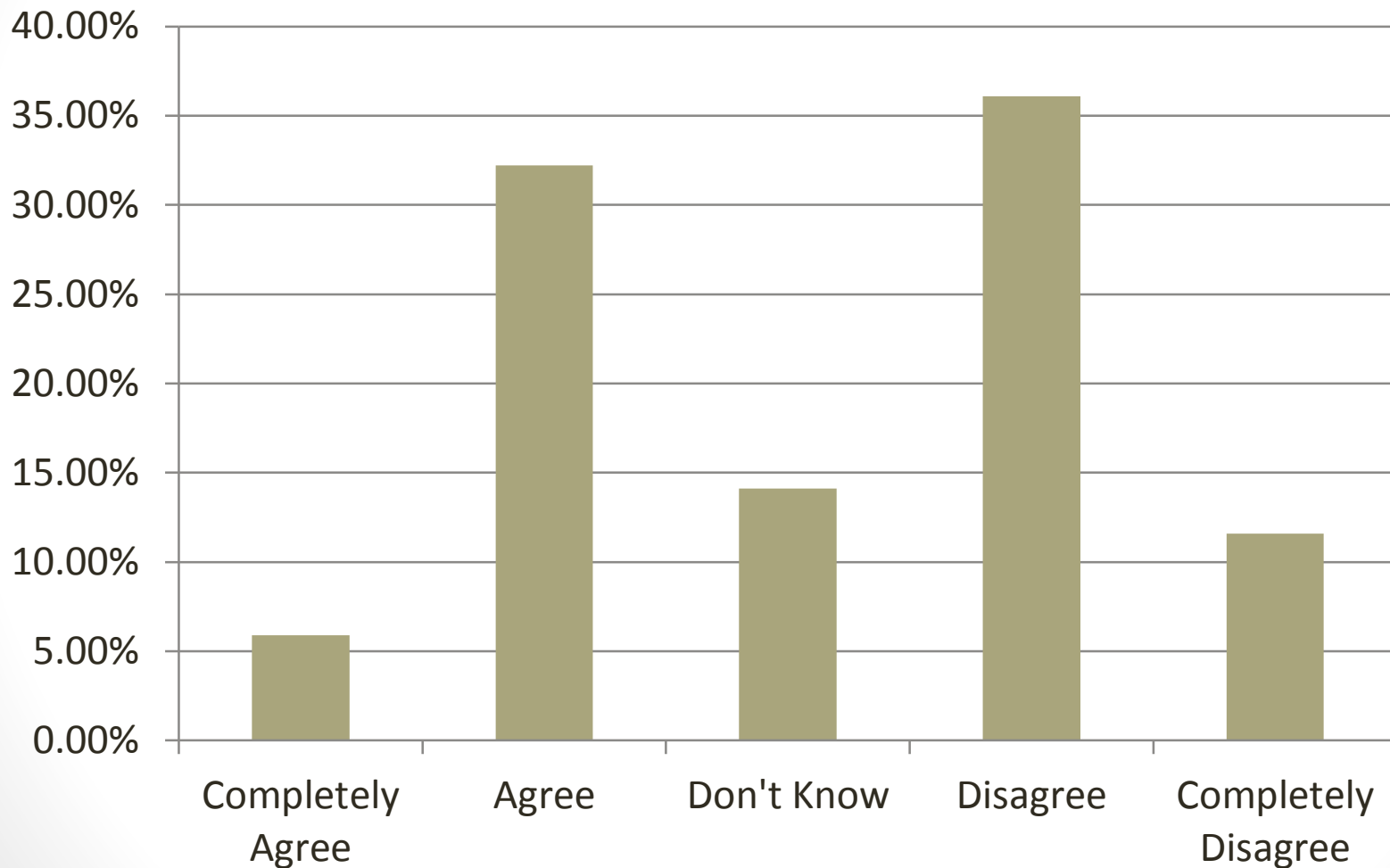
Generally, suicidal people want their pain to end; they do not necessarily want to die (CMHA, 2010).

# Training Skills Support

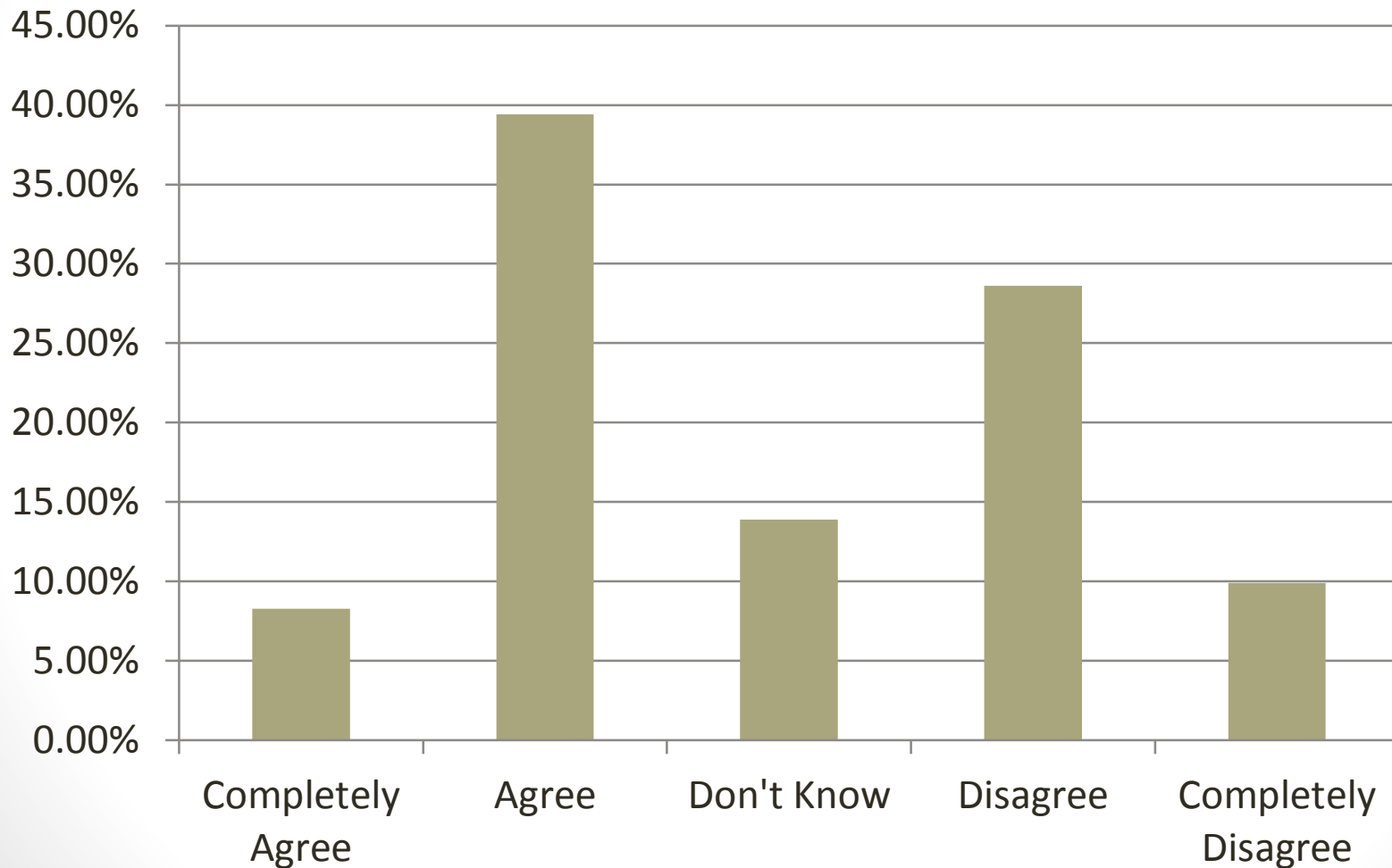
I have received the TRAINING I need to engage and assist those with suicidal desire and/or intent.



I have the SKILLS I need to engage those with suicidal desire and/or intent.

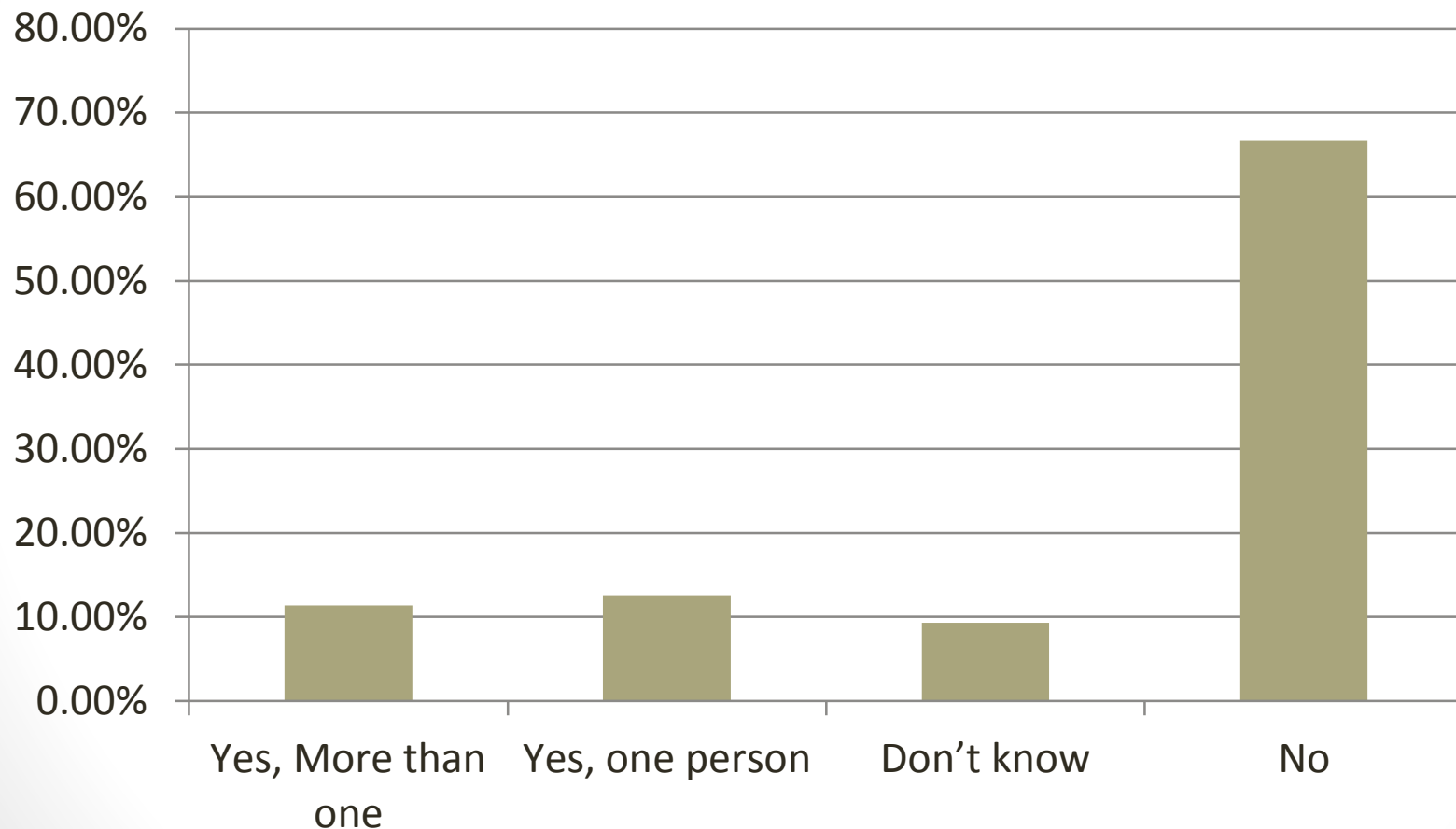


I have the SUPPORT/SUPERVISION I need to engage and assist those with suicidal desire and/or intent.





I have worked with an individual who was under care (consumer on caseload, etc.) who ended his/her life by suicide.



# I have received the following Suicide Prevention Training (mark all that apply):

